

The Lemon Grove REVIEW

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Serving Lemon Grove and nearby communities

Thursday July 27, 1995 25¢

In Search of the Big Chill

by Cynthia O'Neill

Now that this year's unbelievable rainfall has apparently ended for good — until the winter season, that is — we're looking for the big chill on the beaches, lakes and mountains. We have all sorts of tomfool ideas about how to stay cool under the glaring summer sun.

Some favorites are ice cold beer for the men, chilled fruit juices mixed with seltzer water for the women, and everything from brain-freezing "Icees" to tropical-flavored snowcones for the kids.

And then, there is always the favorite chill-out — a sugar cone filled with three scoops of mouth-watering ice cream. We think that if the tongue is icy cold, then our bodies will chill out, too. Ah, but that is the myth from which we must all be released.

Unglamorous as it sounds, all today's advertising and fancy packaging are trying to sell us is nature's most basic element: water. Water is the miracle worker. But most of us do not want to cavort around toting a bottle of water. We want something that will tickle our taste buds.

Laura Simms, nutrition instructor at Grossmont College, has some definite ideas, based on fact, about finding the big chill.

It should come as no surprise that ice cream actually inhibits real cooling down. First, it's not high in fluid content. Second, you're eating a lot of fat and sugar, so the body has to rev up its metabolism to convert those substances into body fat.

"So, ice cream actually makes you thirstier," Simms says.

Soft drinks? They make one thirstier because of all the sugar and/or because of the preservatives and sweeteners.

"Look at a soda can. All the ingredients are a million things the body has to process, and in that processing or digesting, the body heats up," Simms says. "The result is, you get don't get cool in the long run."

The local convenience stores' "Icees" or "Slurpees" are loaded with sugar and a fair amount of sodium, which makes one even thirstier. The same can be said for diet soft drinks, in which preservatives and artificial sweeteners, along with sodium, actually increase thirst.

Although a cold glass of beer on a hot summer afternoon, might do the trick of temporarily quenching thirst, the alcohol also makes one thirstier in the end. Alcohol drains away body water and dehydrates.

"Drink slowly and even with a glass of water or some other liquid between sips of beer," Simms says. "But definitely don't drink beer just to quench thirst."

Heat stroke happens with people who reach into their cooler too often for that

light beer while playing volleyball.

A long, cool glass of water is still the best remedy. If water bores the taste palate, try water with natural flavorings like lemon or lime juice. The colder the better,

because the body can absorb it faster.

Along with wanting to keep cool, many of us hold up the ideal of staying fit and healthy. Wait before you dig into that "Lemon Chill," says Juliette Harrington, Health Services Specialist at Grossmont College.

Harrington says that one of water's most appealing attributes is its role in weight loss.

When the Grossmont Health Office provides body fat testing for the students, the test will also indicate the amount of water in the body.

"Without a doubt, the test shows that if a person is high in body fat, they have low water content," Harrington says. "Water is a natural lubricant and sloughs off body fat."

Students at Grossmont College's summer session often suffer heat stroke or sun sickness without even realizing it, Harrington advocates more water, and drinks plenty of it herself.

"We are like big sacks of water; our bodies are nearly 70 percent water, so it's no wonder that we need so much water," she says. "A big mistake that lots of people make on campus is drinking coffee or a Coke in place of the water. Both those have caffeine, which is a diuretic. So when I see

somebody come into the office and they're feeling woozy, often just giving them water and a cool place to sit down works best."

The thirst-quenching rage of the beach or lake scene is tropical-flavored snowcones, those intricate piles of crushed ice with exotic flavors. Harrington says it's nothing but eating pressed ice with syrup — it's better than nothing, but the sugar just makes you thirstier.

Sports drinks work well for those who indulge in intense physical activity, says Joan Price, vitamin specialist at Green Grocer's of El Cajon.

These drinks supply electrolytes, which are minerals that carry electric charge and help maintain homeostasis.

"When you sweat, you lose electrolytes," says Price. "It's the water-soluble vitamins like B and C that are so easy to lose for people who play and work in the sun a lot."

Juliette Harrington goes for the water

Nutritionist Simms also indicated that the ordinary person enjoying an afternoon at the beach need not indulge in expensive sports drinks. Gatorade and most of the other sports drinks contain a lot of sugar to replace carbohydrates. Sugar just piles on the pounds, unless you are running marathons, she says.

One might rethink drinking Gatorade after hearing Simms' account of all the research that went into making sports drinks.

"Well, a guy did research analyzing a drop of human sweat. He decided that whatever was in the sweat should go into the Gatorade," she says. "Voila, you have your Gatorade!"

Also beware of the "Got milk?" commercials, because milk isn't your ticket to heaven if you've got a whole plateful of chocolate-chip cookies.

It's water, water, water you need. ☞



B Words

Personal comments from

Mayor Bob Burns

Health care

This only concerns our community in the broader sense of health care in general, and its perception.

Medical costs being what they are, and with the government trying to "improve things" in its own specially destructive fashion, the medical community is taking some lumps.

I would like to hereby testify that from my own recent experience, it is gentler, kinder, and especially more efficient than ever before.

Medical insurance seems to streamline the in-and-out process of a hospital stay these days, with the deluge of paperwork coming later both for patient and the doctor/facility end of it.

For an uncomfortable or really suffering patient, it is a blessing not to have to endure hours of admitting protocol.

Also, when one comes down the elevator in that ubiquitous wheel chair, it is great to get on home without more delay.

Probably, I will embarrass my doctors by naming them, but at my age I can take license.

My regular internist, Dr. John Marino monitored my diabetes and general condition very ably along with a young urologist named Dr. Franklin Gayliss, who did the surgery.

I guess that after a 45-year career as a practicing veterinarian, I have a faint knowledge of medicine.

I was immensely pleased with all of my care.

The staff at Alvarado Hospital was just excellent and I wish that I were on their board of directors so that I could recommend hefty raises for nurses Leslie and Helen on the fourth floor.

I was delighted to learn that Leslie lives in Lemon Grove and had actually been a client of the

Lemon Grove Veterinary Hospital (she must have been a mere child at the time.)

Nursing care seems to be going back to the hands-on type of work that was traditional in the old days.

Leslie reminded me of my own wife who was just such a nurse back in the 1940s and has been disappointed in the straying away from that style of Nighten-galism in recent times.

Since I have returned home, needless to say, I am getting a great amount of that kind of nursing from my own personal nurse, Jackie.

She certainly deserves to be well in the company of Leslie, Helen, and all of the other fine people who helped me through this medical skirmish.

I would also like to plug a product that I used to see June Allyson advertise on TV. It is called Depends, and it really works.

I have purposely not specified my problem in this piece, but it is easy to guess from the contents.

It started while we were in New York attending an American Public Transit meeting, and became quite acute the last day.

I guess that I literally floated home on the plane, but with no outward appearance and a minimum of discomfort. Thank you Depends!

Whatever the bad press that doctors and medicine in general are getting today, I wish to testify that the service is better than ever.

There are dedicated and caring health professionals out there who may be well paid, but who put their oaths above all in their work.

Again, I profoundly thank doctors John and Franklin, nurses Leslie and Helen and all of the others who made my difficulty and its amelioration as pleasant as humanly possible.

WEATHER

The following information was provided by the Lemon Grove Fire Department.

	High	Low
July 17	88	65
July 18	90	64
July 19	88	62
July 20	89	59
July 21	84	60
July 22	77	62
July 23	79	61

Precipitation this year-to-date: 0.13"; Last year-to-date: 0.29". (7/1 - 6/30)

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The Lemon Grove Review

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Lemon Grove Fire Log

July 14, 1995 through July 20, 1995

1500 blk. Watwood Rd. Evaluate for the Sheriff's Dept.
3700 blk. Hilltop Dr. Burn victim.
7600 blk. Broadway. Child locked in auto.
3200 blk. College Pl. Chest pains.
3500 blk. Grove St. Fainting.
1500 blk. Skyline Dr. Traffic accident.
6300 blk. Federal Blvd. Vegetation fire.
8100 blk. Roy St. Illegal burn.
7000 blk. Broadway. Possible heart.
2300 blk. Edgerton Dr. Assault victim.
Bonita St./San Miguel Ave. Traffic accident.
2500 blk. Crestline Dr. Diabetic problem.
2300 blk. Cypress Ave. Assault victim.
7500 blk. Madison Ave. Seizure.
1600 blk. Drexel Dr. Unresponsive.
8000 blk. Lincoln St. Residential structure fire.
7000 blk. Broadway. Person down.
7400 blk. Ida St. Possible stroke.
Church St./Olive St. Rollover traffic collision.
3200 blk. Lemon Grove Ave. Medical aid.
Hwy 94 EB/Lemon Grove Ave. Vehicle fire/freeway.
College Ave./Hwy 94 WB. Freeway accident/rescue.
2000 blk. El Prado Ave. Childbirth or related.
3200 blk. College Pl. Difficulty breathing.
Hwy 94 WB/Massachusetts Ave. Freeway accident/rescue.
2700 blk. Citronella Ave. Difficulty breathing.
8100 blk. Broadway. Chest pains.
3700 blk. Hilltop Dr. Laceration.

Sheriff's Dept. Log

July 11, 1995

2500 Hardy. Residential burglary.

July 13, 1995

1500 Drexel. Burglary from a vehicle.

July 15, 1995

2300 Edgar. Solen vehicle.

July 16, 1995

2100 Ensenada. Residentail burglary.

July 17, 1995

3400 Washington. Burglary from a vehicle.

3400 Vista. Grand theft.

July 18, 1995

3500 West. Stolen vehicle.

July 19, 1995

Corona/North. Petty theft.

3200 Lemon Grove Av. Petty theft.

July 20, 1995

3200 New Jersey. Petty theft.

July 21, 1995

7000 Broadway. Stolen vehicle.

7500 Broadway. Stolen vehicle.

3100 Crane St. Stolen vehicle.

3200 Lemon Grove Av. Petty theft.

July 22, 1995

8900 Palm Av. Grand theft.

7800 Broadway. Residential burglary.

2100 Alan Ct. Petty theft.

Blood drive on Friday

San Diego Blood Bank causes "Panda-Monium" at El Pollo Loco at El Pollo Loco on Friday.

All blood donors will be awarded a "Panda" T-shirt from the San Diego Blood Bank and a coupon for a FREE El Pollo Loco Meal when donating at the El Pollo Loco bloodmobile, parked in the parking lot, 7087 Broadway from 11 a.m. to 3 p.m..

The "Panda" shirts are part of the "Panda-monium" being stirred up by the arrival of two giant pan-

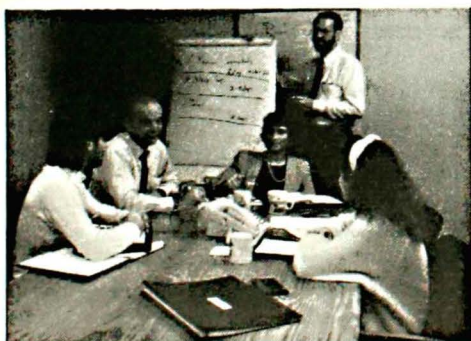
das at the San Diego Zoo.

Each donor will also receive a medical history review and mini-physical which includes blood pressure, pulse, temperature, and iron level checks.

The process of donating blood takes only about one hour.

Anyone in good health between the ages of 17 and 69 may be eligible to give blood if they weigh at least 110 pounds. A good meal is encouraged prior to donation.

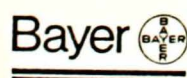
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Del Hood, who retires tomorrow after more than 30 years in the newspaper business, at home.

Newspaper career ends after 30 years for editor

by Howard Owens

Some reporters at *The Daily Californian* heard Del Hood's deep sighs every morning and worried that each long breath was a commentary on the stories he edited.

Others chalked it up to stress. Even after 20-plus years in the business, they figured, Hood still felt the pressure of deadline.

"I guess I get so intent on editing," said Hood, who retires tomorrow after 30 years as East County's editorial voice, "I forget to breathe."

Those familiar with Hood's to-the-point editorials know something of his intensity, but to those who have known him as a friend and colleague, Hood is mild-mannered and always kind.

"Del has always been a steady force and respected in the community," said Gordon Austin, executive vice president of the La Mesa Chamber of Commerce. "He is somebody with a low profile. He has been low key. He has never sought the spotlight or the limelight. In fact, I think he's rather shunned it."

"But my feeling when I read Del's editorials," Austin added, "is there's always a lot of thought behind it. He didn't react out of anger as a lot of editorialists do."

When the Baker family bought a small daily newspaper in El Cajon known as the *Valley News* in 1964, one of the first things they decided to do was hire an editorial writer. They wanted someone who could give the paper a voice, a strong voice and guide the paper's editorial policy.

At the time, Del Hood was a farm reporter (along with several other beats) at the *Register-Guard* in Eugene, Ore., a paper owned by the Bakers.

"I don't know what made them think I could do it, because I had never written editorials

before," said Hood. "But they asked me to do it."

Hood took advantage of the freedom several publishers gave him to shape debates on important East County issues.

"I talked with Del the other day," said retired El Cajon City Councilwoman Harriet Stockwell, "and I told him that with him leaving there are few people left at *The Daily Californian* other than Jo Moreland (a staff writer) who knows the community the way he does. He has a tremendous knowledge of the community."

As much as Hood impressed community leaders, he impressed the reporters and editors who worked with him for the next 30 years even more. Reporters were grateful for his encyclopedic knowledge of East County and his sharp eye when editing their work; editors where thankful for his steady leadership.

"He was one of the best newspapermen I ever worked with," said former editor Ray Bordner. "He is so conscientious. He never did anything half-cocked. He is the kind of person who gave a lot of thought to everything he did."

The appreciation Hood's colleagues and fellow community leaders feel for him will be expressed tonight in the El Cajon Community Center when he is honored at a surprise retirement party. More than 180 people are expected to attend on a night when East County's two largest chambers of commerce are hosting a competing event.

The funds raised from the \$10-a-person dinner will create a scholarship in Hood's name at Grossmont College.

"I still say the best job in journalism is being a reporter," Hood said. "It's being able to tell the story that nobody else knows. That's always a thrill - to be able to tell somebody something for

Continued on page 8

City to act against abandoned cars

by Bill Hunt

In an effort to improve the overall appearance of Lemon Grove, the City Council will meet Aug. 3 to modify an existing municipal code regarding abandoned and inoperative vehicles.

Responses to a recent city survey and statements made at the March town meeting indicated that the citizens of Lemon Grove are concerned about the accumulation of junk and the presence of abandoned vehicles on private property, especially in the business district along Broadway.

Lemon Grove Mayor Robert Burns says, "We're trying to be business friendly, but we receive a lot of complaints about aban-

doned vehicles and other junk."

However, City Attorney Gloria McLean has noted some problems in the existing code and it's enforcement.

These problems relate specifically to the wording of the code and what actions the city can and cannot take.

McLean was unavailable for comment.

As the code now stands vehicles which are not operative can only be stored on private property for up to thirty days — unless it is shielded, meaning nobody can see it from outside the property. A property owner is limited to one inoperative vehicle.

Development Director James

Butler is currently working with several others to clean up code language and make it as clear as possible. Specifics are not yet available, Butler said. Officials will be trying to unscramble several sections of the code, he said, and looking at expanding the limit of vehicles allowable.

Burns would like to be able to find a middle ground between a strict code and a loose one.

He is concerned about being too heavy-handed in code enforcement, and would rather appeal to the citizen's civic sense,

"I would like to see these people have respect for the community and get rid of the vehicles on their own."

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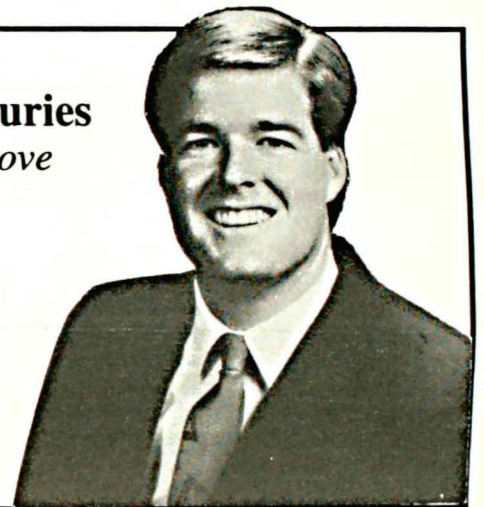
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From the Teenage Files



by Simon Hill

Commentary

by Paul Treske

Affirmative action is a complicated issue. Any plan or program that is designed to affect or redress a long standing social ill has myriad facets and underlying factors. But to hear Pete Wilson tell about it, it's as simple as ABC.

And so, for the first time since 1992, the governor, with one ear toward New Hampshire and the other toward Bob Dole, marched into the University of California Regent's meeting and led a dismantling of the affirmative action aspects of those schools' admission policies. Then, making sure to wait around long enough to catch the man, he engaged Jesse Jackson in a bitter name-calling debate guaranteed to make the TV news all over the country.

Governor Wilson is running hard for the Republican presidential nomination, so no one can fault his trying to improve his name recognition nationally. But the targets he is choosing are too easy, too trendy and too sure to cause long-range mischief here in California and beyond. His Prop. 187 gambit last November got him a few lines in *Time* and *Newsweek*, but had a sizeable negative impact we are only beginning to feel. Now, his removing of affirmative action protection at the UC admission offices will, undoubtedly, affect only a few student applications. But its effect on race relations here and elsewhere can only grow and fester.

There are no easy answers to the questions surrounding affirmative action. Redress is still needed for centuries of strangled minority opportunity, but a system that gives advantage to one takes away advantage from another. This, of course, is the dilemma. How much can and will the white majority give away before it feels the pinch and begins to fight back.

Reel Brief

Power Rangers movie bests TV show

by Betty Jo Tucker

"Mighty Morphin Power Rangers: The Movie" oozes with thrills, fun and excitement for children of all ages. Much credit for this surprising achievement goes to Paul Freeman ("Raiders of the Lost Ark") for his almost over-the-top portrayal of megavillain Ivan the Ooze. But dazzling special effects, monsters we love to hate, and a witty script by Arne Olsen also help make this entertaining film one not to be missed.

The Power Ranger movie pays loving homage to that great children's classic, "The Wizard of

Oz" - from flying monkeys and a giant talking-head wizard to a beautiful woman symbolizing good. Even in her skimpy costume, Dulcea, the Master Warrior (Gabriella Fitzpatrick), resembles Oz's Glenda, the Good Witch (Billie Burke).

Much better than the television program, the Mighty Morphin Power Rangers movie follows six colorful teenagers as they search for The Great Power that will keep Ivan the Ooze, from taking over our planet. Now Ivan may be powerfully evil, but he does fear teenagers. In one scene he cries, "What is that odious stench? It

must be teenagers!"

You see, some teen Power Rangers living long ago trapped Ivan in a giant egg for 6,000 years, forcing him to miss such important events as "the Spanish Inquisition and the Brady Bunch Reunion." Understandably, His Heinous Highness is quite miffed.

Kudos to Bryan Spicer for well-paced direction in his feature film directorial debut and to Power Rangers Karen Ashley, Johnny Yong Bosch, Steve Cardenas, Jason David Frank, Amy Jo Johnson and David Yost for their energetic performances. Sequel, anyone?

Pete Wilson and Affirmative Action

But I believe that, deep down, Pete Wilson cares little about such difficult questions. Instead, wrapping himself in what is for him the specious mantle of equal rights and a colorblind society, he tells those angry white males who are now the key bloc in the American electorate that he, Pete Wilson of California, is the shining knight leading the way toward them getting the edge back again on their turf (and a darn good presidential candidate too).

Those of us with memories that go further back than 1995 remember a time when Wilson was foursquare in favor of affirmative action. But that was before he was running for president in 1996. Those with long memories can also remember when Pete was all for the big farm growers having the advantages of immigrant labor. But when the tide began to turn against illegal immigrants, the governor was right there at the head of the line with Prop. 187.

Right now, the Feds are threatening to withdraw government grants and contracts from the UC system as a result of the Regents' action. This may or may not happen, but much minority anger is growing here over this and other efforts to abort many of the legislative gains made by minorities and women in the past 30 years and this anger will eventually affect us all.

President Clinton has suggested that the affirmative action process in America needs "fixing" not dismantling. But fixing is a slow, tedious and undramatic process that gets few headlines or TV time for a presidential hopeful. Pete Wilson is in far too much of a hurry toward the White House to stand still for that. Next thing you know, he'll be fudging on his pro-choice stance on abortion.

PG Perspectives

Pygmies

by Phillip Giannangeli

The pygmies are coming! The pygmies are coming! Don't let them get a hold of you or they'll gnaw you to death. Or as Molly Ivins said about the political ones, they don't hurt much, but they do leave a slimy mess around your ankles.

Under Darwinian theory, pygmies should be disappearing. You'd think they'd be on the endangered species list by now. Unfortunately, just the opposite is occurring. They're growing in number. Don't believe me? Go outside and look around.

There's one. See? The little fellow with the big gun. Pygmies love big guns. Makes them feel macho. There's an old saying that all pygmies want to own big guns, but not all big guns are owned by pygmies. So true. The military has big guns, but the military has a height limit too.

There's another pygmy. The one behind the wheel of that car over there. Can't tell he's a pygmy because he's in the car? Wrong. Just look at the way he darts in and out of traffic and doesn't pay any attention to the rules. That's how pygmies operate. They scurry around nipping at the edges of reason and slobbering all over courtesy and common sense.

Look over there. There's one chairing a meeting on pygmy affirmation action. I hardly think he'll succeed, but who knows. Requiring every NBA team to have at least one pygmy in the starting line-up is an interesting idea.

Bill Veeck used a similar idea once in baseball. He signed a very small person to come up to bat in a baseball game so that the opposing pitcher wouldn't have much of a strike zone to throw at. As a ploy, not bad; as a mandate, no chance. Veeck limited the potential of a strike that day, but as pygmy watchers are well aware, a different kind of strike almost destroyed the game last year. And as any pygmy watcher knows, it was those arrogant runts in the front offices and the overcompensated little scamps on the fields who almost destroyed America's pastime.

The other day, when I was listening to the radio, I heard a pygmy hosting a show. I couldn't see him, but I could tell he was a pygmy by the sound of his frustration even as he blustered on. Everything about him sounded small: his ideas, his vocabulary, his humanity. Not one idea came over the air waves above pygmy-stature and I found myself stooping to try to fathom what was being said by this DJ pygmy and his group of loyal little callers.

As I said at the beginning, the pygmies are coming. I almost tripped over one just the other day. She was pretending to be a retail clerk. Last week I had to side step another one down at city hall. Seemed to me he was going round and round in circles and not really getting anywhere. And oh yes, there was that school district person I spoke to on the phone. A pygmy of the shortest stature. What a pity they have a role in education.

So pass the word: The pygmies are coming. And boy can they make

Baldwin should join Goldsmith and learn about compromise

by Tom Connolly

Congratulations to Assemblyman Jan Goldsmith for his recent effort to make peace within the Republican caucus and begin working with Speaker Doris Allen and the Democrats to move a "policy" agenda that affects all Californians.

Interestingly, while Goldsmith is doing the things necessary to bring our state together, Assemblyman Steve Baldwin continues to flounder in the divisive "politics" of abortion rights, school prayer and student lunch programs; issues Republican members do not agree on.

The most important work of the state Assembly is passing a budget in a timely fashion. We are now 45 days past the Constitutional deadline! What effort has Baldwin made to bridge differences and deliver that budget?

Politics is the "Art of Compromise." Doesn't our political process call for people with divergent philosophies and competing priorities to find ways to resolve their differences and work together for a better state?

Legislators are faced daily with a collision of ideas and few problems lend themselves to cut-and-dried solutions. If all lawmakers were to address issues believing their side is 100 percent right, and the other side is 100 percent wrong, and there is no room for conciliation, this country would never solve its problems.

John Kennedy, in *Profiles in Courage*, said:

All legislation is founded upon the principle of mutual concession. It is compromise that prevents each set of performers from crushing the group on the extreme opposite end of the political spectrum.

The fanatics and extremists are always disappointed at the failure of government to rush to implement all of their principles and to denounce those of their opponents. But the legislator has the responsibility to conciliate those opposing forces within his state and to represent them in the larger clash of interest, because he alone knows that there are few if any issues where all the truth and all the right are on one side.

Politics is the fine art of conciliating, balancing and interpreting the forces and factions of public opinion, an art essential to keeping our nation united and enabling our government to function.

The compromise necessary to pass a state budget will take greater maturity than we've seen so far from Baldwin. Instead of perpetuating this silly partisan bickering, he should work with Goldsmith to find common ground with Democrats and deliver a budget that protects school children, decreases costs of higher education and provides middle-class tax relief.

Tom Connolly is a former member of the Legislature who represented the 77th Assembly District.

Cooking up summertime learning fun

from the United States Department of Education

Keeping young minds active through the summer is a real challenge. Yet, studies show that children who remain active learners outside the classroom are more prepared to return to academic studies in the fall.

The U.S. Department of Education's "Summer Home Learning Recipes" offer parents, grandparents, day care providers and all interested adults fun and creative ways to engage children of all ages in thoughtful and interesting activities designed to promote learning and communication.

"The most important gift parents and caring adults can give children is their time and a lifelong love of learning," said U.S. Secretary of Education Richard W. Riley. "Turning everyday activities into lessons sends a message that learning occurs all the time, not just at certain times of the year in particu-

lar places."

Reading, writing, math and science activities, as well as problem-solving issues, take on a new perspective when experienced as part of summertime fun. The series of pamphlets offer age-specific activities to use with children in everyday situations and can easily be incorporated into vacation plans as well.

Activities in the pamphlets were developed and tested by Dorothy Rich, author of *MegaSkills*, of The Home and School Institute.

The "recipes" are available free to parents by calling 1-800-USA-LEARN.

Text of the brochures is also available on the Internet by accessing the Department's online library, "Inet" through a gopher client. Access via the World Wide Web is gained through "http://www.ed.gov."

Things To Do!

Break Heart Pass closes decade with honors

by Steven Saint

Linda Rae Davis can relate to the recent *Cosmopolitan* treatise, "If I'm so wonderful, why am I still single?" She is, in fact, wonderful and three years into her third marriage.

But she's also been fronting Break Heart Pass for a solid decade now, and can't help but wonder why stardom continues to elude one of San Diego's most popular country bands.

The question was raised once again last week, as Linda Rae and Break Heart Pass took home the Band of the Year award from the Country Music People's Choice Awards held at the Viejas Casino.

The honor took Linda Rae by complete surprise, as the band had spent the first six months of 1995 away from San Diego's country music nightclub scene, the place where people cast their ballots.

"It was really great for the band to be 10 years old and win an award like that," says Linda Rae, a Santana High School graduate whose luscious on-stage mane is tucked away in modest French

braid off stage. "You can get really burned out playing clubs 3-5 nights a week, and to win makes you feel like it's all worthwhile."

The Band of the Year trophy can go on Break Heart's mantle alongside numerous other accolades, including the 1989 National Country Music Association Female Entertainer of the Year award and 1991 San Diego Music award for Best Country Artist. The band's own composition, "Daddy's Blue Eyes," beat some 5,000 entries in the Patty Loveless Heart and Voice Songfest.

For a year the band had a manager and it just recently finished a three-week tour of U.S. naval bases in Japan.

Clearly, the band is wonderful but still single.

"The ultimate scenario would be getting signed to our own record deal and going on tour," Linda Rae says. "But it seems you have to buy your deals these days. Until we come up with \$300,000 and 50 commercial songs, I don't think it's going to happen."

For working in an industry that scours college campuses for new talent, Linda Rae seems remarkably at peace with being past her prime - she's 32. Break Heart Pass will play Friday nights at El Cajon's Zoo Country after losing



a summer's worth of bookings on a failed cruise venture.

She says the band loves to turn country music on its head and the fire rises in her eyes and her Lakeside twang gets thicker.

They'll pepper the country top 40 with Georgia Satellites and the Black Crowes. Guitarist Mike Sherman, who won Best Instrumentalist last week, might suddenly sidetrack the band with a Led Zeppelin riff or Van Halen chord progression.

"My guys are really into MTV and they're influenced by lots of different types of music," Linda Rae says. "We try to make it interesting for ourselves as well as

danceable for the crowd."

Linda Rae welcomes the current stage of country music, where Boy Howdy gets a hit with a polka remake of the Kinks' "You Really Got Me" and Garth Brooks storms country and pop charts both with Billy Joel's "Shameless." And she's no complainer about being a big fish in a small pond and adding another award to the collection.

But Break Heart Pass' crawl towards fame and fortune is not unlike the traffic Linda Rae witnessed in Japan, where the band drove three hours to reach a military base 10 miles away. Too many cars and not enough roads.

Serious hiking school offered

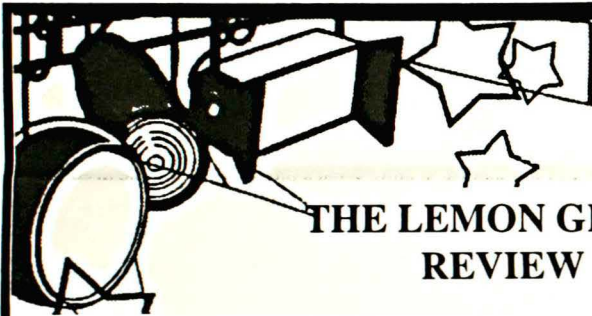
If you love San Diego's back country and want to share its splendor with others, apply now for the 1995-96 Canyoneer training class at the San Diego Natural History Museum in Balboa Park. The application period closes Monday.

Canyoneers are volunteers who receive training from museum staff and other local experts on the flora, fauna and geology of the San Diego area. They learn to interpret the interactions among these elements for school groups and the general public on guided nature walks throughout the region.

Canyoneer training classes begin September 9 and run every Saturday, 8 a.m. - 3 p.m., through mid-December. A \$15 fee covers the cost of materials.

Applicants must be 18 years of age and members of the Natural History Museum. No scientific background is required, just a healthy curiosity. In return for the training provided, successful candidates are expected to lead a minimum of 20 nature walks over a two-year period.

Space in the training class is limited. Immediate application is recommended. For further information or an application, contact the museum at 232-3821, ext. 203.



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REVIEW

Spotlight on Business

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In the Service

Navy Lt. j.g. J.A. Bautista, son of Jose S. Bautista and Anastacia A. Bautista of Lemon Grove recently participated in a naval exercise with forces from Thailand while serving aboard the amphibious transport dock USS Dubuque.

Bautista is one of 11,500 U.S. Sailors and Marines aboard 10 ships who participated in the three-week exercise, known as Cobra gold '95, which included landing Marines ashore in Thai-

land and flight operations from the aircraft carrier USS Independence. In all, 17,00 U.S. troops from all branches of the military participated in the annual exercise.

The 1986 graduate of Mount Miguel High School of Spring Valley joined the Navy in June 1991. Bautista is a 1991 graduate of the University of California, San Diego with a BA degree.

In a retirement ceremony held on board the USS Anchorage (LSD-36) at 1 p.m., June 30, Master-At-Arms Chief Joseph

D. Pfeiffer, Lemon Grove resident, retired after 20 years of honorable, faithful service to the United States Navy.

A highlight of the ceremony was Lemon Grove Junior Girl Scout Troop 6397, which performed the duties as color guard.

This was the first ever military event performed by the girls, and with only a total of five hours practice, the girls performed their duties flawlessly.

Troop Leaders Julie Hatch and Sheri Deslauriers attributed their success to the fact that they were

deeply honored to be asked to be and the girls like working with the color guard for such an event Pfeiffer.

RSVP receives more funds

The Lemon Grove Retired Senior Volunteer Patrol (RSVP) will be receiving \$2,500 in additional funding for uniforms and training. The money is coming from the Victim's Assistance Recovery Fund and asset seizure funds.

The city will also purchase new fingerprinting kits for RSVP.

RSVP will use the kits for fingerprinting projects and to assist deputies.

RSVP volunteers "do a little of everything," according to RSVP member and Lemon Grove Mayor Robert Burns.

The patrol, which, was started about a year ago, assist deputies by taking over some administrative tasks, check vacation homes and patrolling the community daily.

PUBLIC NOTICES

SUPERIOR COURT OF CALIFORNIA COUNTY OF SAN DIEGO CENTRAL COURTHOUSE 220 W. BROADWAY SAN DIEGO, CA 92101

IN THE MATTER OF THE APPLICATION OF:
CHRISTINA CHOI

FOR CHANGE OF NAMES

ORDER TO SHOW CAUSE FOR CHANGE OF NAME (CCP 1277)

CASE NUMBER: 990200
PETITIONER CHRISTINA CHOI HAS FILED A PETITION FOR AN ORDER TO CHANGE NAMES FROM CHRISTINA CHOI TO SOPHIA CHRISTINA KIM

It is ordered that all persons interested in this matter appear before this Court in Department ONE of the San Diego County Superior Court at the address shown above on AUG 31 1995 at 9:00 a.m., and show cause, if any they have, why the application for change of name should not be granted.

It is further ordered that a copy of this ORDER TO SHOW CAUSE be published in the Lemon Grove Review, a newspaper of general circulation published in this county, at least once a week for four successive weeks prior to the day of the hearing.

DATE: JUL 06, 1995

James R. Milliken
Judge of the Superior Court
Lemon Grove Review
July 13, 20 27 & August 3, 1995

NOTICE OF TRUSTEE'S SALE T.S. No. Q217518 UNIT CODE Q Loan No. 3001974/LARA A.P.#576-140-42

T.D. SERVICE COMPANY as duly appointed Trustee under the following described deed of trust WILL SELL AT PUBLIC AUCTION TO THE HIGHEST BIDDER FOR CASH (in the forms which are lawful tender in the United States) and/or the cashier's, certified or other checks specified in Civil Code Section 2924h (Payable in full at the time of sale to T.D. Service Company) all right, title and interest conveyed to and now held by it under said Deed of Trust in the property hereinafter described:

TRUSTOR:
MANUEL R. LARA
GLORIA D. LARA

BENEFICIARY:
PSF MORTGAGE LIMITED, A LIMITED PARTNERSHIP, DBA FRONTLINE MORTGAGE COMPANY

Recorded October 30, 1991 as Instr. No. 991-0559546 In Book

File/page of Official Records in the office of the Recorder of San Diego County; said deed of trust describes the following:
LOT 29, OF MADERA TERRACE UNIT NO. 1, IN THE CITY OF LEMON GROVE, COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THERE-OF NO. 8140, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, JUL 9, 1975.

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED 10/09/91, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

1826 SONOMA LANE, LEMON GROVE, CA 91945

"(If a street address or common designation of property is shown above, no warranty is given as to its completeness or correctness)." The beneficiary under said Deed of Trust, by reason of a breach or default in the obligations secured thereby, heretofore executed and delivered to the undersigned a written Declaration of Default and Demand for Sale, and written notice of default and election to cause the undersigned to sell said property to satisfy said obligations, and thereafter the undersigned caused said notice of default and of election to be recorded March 24, 1995 as Instr. No. 995-0122831 In Book File/Page of Official records in the office of the recorder of San Diego County;

Said sale of property will be made in "as is" condition without covenant or warranty, express or implied, regarding title possession, or encumbrances, to pay the remaining principal sum of the note(s) secured by said Deed of Trust, with interest as in said note provided, advances, if any, under the terms of said Deed of Trust, fees, charges and expenses of the Trustee and of the trusts created by said Deed of Trust.

August 9, 1995, At 10:30 a.m. At the entrance to the City of Oceanside, Nevada St. Annex located at 321 Nevada St., (NV at Fourth) Oceanside, CA

At the time of the initial publication of this notice, the total amount of the unpaid balance of the obligation secured by the above described deed of trust and estimated costs, expenses, and advances is \$130,002.16. It is possible that at the time of sale the opening bid may be less than the total indebtedness due.

Date: 7/07/95

T.D. SERVICE COMPANY as said Trustee

By Debra Brundage
Debra Brundage, Assistant Secretary
737 Arnold Drive, Ste C, Martinez, CA 94553-6526
(510) 229-9015

IF AVAILABLE, THE EXPECTED OPENING BID MAY BE OBTAINED BY CALLING THE FOLLOWING TELEPHONE NUMBER ON THE DAY BEFORE THE SALE: (510) 313-9581

TAC M415242

Lemon Grove Review
July 20, 27 & Aug. 3, 1995

NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST File: 22502 ENI Loan: 966711-3 Other: -

A.P. Number 386-202-02
YOU ARE IN DEFAULT UNDER A DEED OF TRUST, DATED December 24, 1985, UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT A PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

Notice is hereby given that Verdugo Service Corporation, as trustee, or successor trustee, or substituted trustee pursuant to the Deed of Trust executed by Jack M. Winick, as Trustee of the Winick Family Trust dated May 17, 1984 and David W. Winick, an individual Recorded on 12/31/1985 as Instrument No. 85-494986 in Book - Page - of Official records in the office of the County Recorder of San Diego County, California, and pursuant to the Notice of Default and Election to Sell thereunder recorded

04/04/1995 in Book -, Page -, as Instrument No. 95-0141250 of said Official Records, will Sell on 08/14/1995 at the South entrance to the County Courthouse 220 West Broadway San Diego, CA 92101 at 10:00 A.M. at public auction to the highest bidder for cash (payable at the time of sale in lawful money of the United States), all right, title, and interest, conveyed to and now held by it under said Deed of Trust in the property situated in said County and State shown on the County Assessor's records as A.P. Number 386-202-02.

The property address and other common designation, if any, of the real property described above is purported to be: 8320 Fanita, Sanlee, CA 92071-4833.

The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein.

The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of sale is: \$2,273,724.09.

In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted the Trustee may withhold the issuance of the Trustee's Deed until funds become available to the payee or endorsee as a matter of right.

Said sale will be made, but without covenant or warranty, express or implied regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed, advances thereunder, with interest as provided therein, and the unpaid principal balance of the Note secured by said Deed with interest thereon as provided in said Note, fees, charges and expenses of the trustee and the trusts created by said Deed of Trust

Verdugo Service Corporation as said Trustee, 121 West Lexington Drive, Third Floor, Glendale, CA 91203, (818) 500-2485, By: Eni Martinez, Trustee's Sales Officer, Dated: 07/13/1995

ASAP170233
7/20, 7/27, 8/3

FICTITIOUS BUSINESS NAME STATEMENT
Assigned File No. 9513092
The Name of the Business:

EFW GLOBAL ENTERPRISES located at: 1604 La Corta Street in Lemon Grove, California 91945 is hereby registered by the following owner:

EKE F WOKOCHA, Ph.D.
1604 LA CORTA STREET
LEMON GROVE, CA 91945

This business is conducted by:

an Individual
The transaction of business began on: N/A
Signature of Registrant:
EKE F WOKOCHA, P.D., OWNER

This statement was filed with Gregory J. Smith, Recorder/County Clerk of San Diego County on JUL 19 1995
Lemon Grove Review
July 20, 27, August 3 & 10, 1995

LOAN NO. BOUCHEY, ET AL/NORRIS
OTHER: 152710-5
FILE: F-2799 SSS
A.P. NUMBER 596-280-01

NOTICE OF TRUSTEE'S SALE UNDER DEED OF TRUST

YOU ARE IN DEFAULT UNDER A DEED OF TRUST DATED March 23, 1990

UNLESS YOU TAKE ACTION TO PROTECT YOUR PROPERTY, IT MAY BE SOLD AT PUBLIC SALE. IF YOU NEED AN EXPLANATION OF THE NATURE OF THE PROCEEDING AGAINST YOU, YOU SHOULD CONTACT A LAWYER.

Notice is hereby given that NORTH COUNTY TRUST DEED INC., FORMERLY CALWEST MORTGAGE CO., as trustee, or successor trustee, or substituted trustee pursuant to the Deed of Trust executed by CANDEV, A CALIFORNIA PARTNERSHIP

Recorded on 04/25/1990 as Instrument No. 90-225130 in Book 1990 Page 225130 of Official records in the office of the County Recorder of San Diego County, California, and pursuant to the Notice of Default and Election to Sell thereunder recorded

04/18/1995 in Book 1995 Page 0161952, as Instrument No. 95-0161952 of said Official Records, WILL SELL on 08/17/1995 at the FRONT ENTRANCE TO NORTH COUNTY TRUST DEED INC FORMERLY CALWEST MORTGAGE CO 320 N HWY 101 ENCINITAS, CA 92024 at 10:00 A.M.

AT PUBLIC AUCTION, TO THE HIGHEST BIDDER FOR CASH (payable at the time of sale in lawful money of the United States), all right, title, and interest, conveyed to and now held by it under said Deed of Trust in the property situated in said County and State hereinafter described: LOT 1 OF COUNTY OF SAN DIEGO TRACT NO. 4210, IN THE COUNTY OF SAN DIEGO, STATE OF CALIFORNIA, ACCORDING TO MAP THERE-OF NO. 11873, FILED IN THE OFFICE OF THE COUNTY RECORDER OF SAN DIEGO COUNTY, AUGUST 4, 1987.

**IF NO STREET ADDRESS OR COMMON DESIGNATION IS GIVEN, DIRECTIONS TO THE PROPERTY MAY BE OBTAINED PURSUANT TO WRITTEN REQUEST SUBMITTED TO SAID TRUSTEE WITHIN 10 DAYS FROM FIRST PUBLICATION OF THIS NOTICE

The property address and other common designation, if any, of the real property described above is purported to be: UNIMPROVED LAND PALEO DRIVE JAMUL, CA 91935**

The undersigned Trustee disclaims any liability for any incorrectness of the property address and other common designation, if any, shown herein.

The total amount of the unpaid balance of the obligation secured by the property to be sold and reasonable estimated costs, expenses and advances at the time of the initial publication of the Notice of sale is: \$78,618.23

In addition to cash, the Trustee will accept a cashier's check drawn on a state or national bank, a check drawn by a state or federal credit union or a check drawn by a state or federal savings and loan association, savings association or savings bank specified in Section 5102 of the Financial Code and authorized to do business in this state. In the event tender other than cash is accepted, the Trustee may withhold the issuance of Trustee's Deed until funds become available to the payee or endorsee as a matter of right.

Said sale will be made, but without covenant or warranty, express or implied regarding title, possession or encumbrances, to satisfy the indebtedness secured by said Deed, advances thereunder, with interest as provided therein, and the unpaid principal of the note

secured by said deed with interest thereon as provided in said Note, fees, charges and expenses of the trustee and of the trusts created by said Deed of Trust.

Dated: 07/19/1995

NORTH COUNTY TRUST DEED INC., as said Trustee
FORMERLY CALWEST MORTGAGE CO. - 320 N HWY 101 ENCINITAS, CA 92024
(619)753-6366

By: SHARON SOVA
TRUSTEE SALE OFFICER

Lemon Grove Review
July 27, August 3 & 10, 1995

NOTICE OF PETITION TO ADMINISTER ESTATE OF WARREN I. MCCAN CASE NO. P165590

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of Warren I. McCan: A PETITION has been filed by CARL JONES in the Superior Court of California, County of SAN DIEGO

THE PETITION requests that CARL JONES be appointed as personal representative to administer the estate of the decedent. THE PETITION requests that, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.)

A HEARING on the petition will be held on AUG 14 1995 at 1:45 p.m. in Dept. 35 located at: 220 W. BROADWAY, SAN DIEGO, CA 92101

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:
Charles Scott
Barwick, Rutherford & Scott
3434 Grove Street
Lemon Grove, CA 91945
This notice was mailed on: 7/21/95 at Lemon Grove, CA

Lemon Grove Review
July 27, August 3 & 10, 1995

NOTICE OF PETITION TO ADMINISTER ESTATE OF DONNA FRANCES MCCLURE CASE NO. P165588

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise

interested in the will or estate, or both, of Donna Frances McClure: A PETITION has been filed by FEROL NORTON & DONALD JAMES GLEASON in the Superior Court of California, County of SAN DIEGO

THE PETITION requests that FEROL NORTON & DONALD JAMES GLEASON be appointed as personal representative to administer the estate of the decedent.

THE PETITION requests that the decedent's WILL and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

A HEARING on the petition will be held on AUG 14, 1995 at 1:45 p.m. in Dept. 35 located at: 220 W. BROADWAY, SAN DIEGO, CA 92101

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:
Charles Scott
Barwick, Rutherford & Scott
3434 Grove Street
Lemon Grove, CA 91945
This notice was mailed on: 7/21/95 at Lemon Grove, CA

Lemon Grove Review
July 27, August 3 & 10, 1995

NOTICE OF PETITION TO ADMINISTER ESTATE OF MARTHA GARCIA CASE NO. P165600

To all heirs, beneficiaries, creditors, contingent creditors, and persons who may be otherwise interested in the will or estate, or both, of Martha M. Garcia also known as Myrtle M. Garcia: A PETITION has been filed by Frank Garcia in the Superior Court of California, County of SAN DIEGO

THE PETITION requests that FRANK GARCIA be appointed as personal representative to administer the estate of the decedent. THE PETITION requests that the decedent's WILL and codicils, if any, be admitted to probate. The will and any codicils are available for examination in the file kept by the court.

THE PETITION requests authority to administer the estate under the Independent Administration of Estates Act. (This authority will allow the personal representative to take many actions without obtaining court approval. Before taking certain very important actions, however, the personal representative will be required to give notice to interested persons unless they have waived notice or consented to the proposed action.) The independent administration authority will be granted unless an

interested person files an objection to the petition and shows good cause why the court should not grant the authority.

A HEARING on the petition will be held on AUG 14, 1995 at 1:45 p.m. in Dept. 35 located at: 220 W. BROADWAY, SAN DIEGO, CA 92101

IF YOU OBJECT to the granting of the petition, you should appear at the hearing and state your objections or file written objections with the court before the hearing. Your appearance may be in person or by your attorney.

IF YOU ARE A CREDITOR or a contingent creditor of the deceased, you must file your claim with the court and mail a copy to the personal representative appointed by the court within four months from the date of first issuance of letters as provided in section 9100 of the California Probate Code. The time for filing claims will not expire before four months from the hearing date noticed above.

YOU MAY EXAMINE the file kept by the court. If you are a person interested in the estate, you may file with the court a formal Request for Special Notice of the filing of an inventory and appraisal of estate assets or of any petition or account as provided in section 1250 of the California Probate Code. A Request for Special Notice form is available from the court clerk.

Attorney for petitioner:
Charles Scott
Barwick, Rutherford & Scott
3434 Grove Street
Lemon Grove, CA 91945
This notice was mailed on: 7/21/95 at Lemon Grove, CA

Lemon Grove Review
July 27, August 3 & 10, 1995

SUMMARY OF AMENDMENTS TO THE CITY OF LEMON GROVE ZONING ORDINANCE ORDINANCE NO. 240

On July 18, 1995, the City Council of the City of Lemon Grove, California, adopted an ordinance amending Sections 17.16030(B)(4), 17.16040(B)(1), and 17.16050(B)(2) of the Lemon Grove Zoning Ordinance. This summary is published pursuant to Section 36933(c)(1) of the California Government Code.

Specifically, the amendment modifies the existing moratorium on the development of apartments on lots with an area less than one acre to provide for the issuance of building permits for the completion of projects started prior to the adoption of the moratorium.

Voting in favor: Burns, Clabby, Lake, Shelley.

Voting against: None
Absent: Sessom.

A Certified copy of the full text of the Ordinance is posted in the Office of the City Clerk, 3232 Main Street, Lemon Grove, California 91945.

Christine Taub
Finance Director/City Clerk

Lemon Grove Review
July 27, 1995

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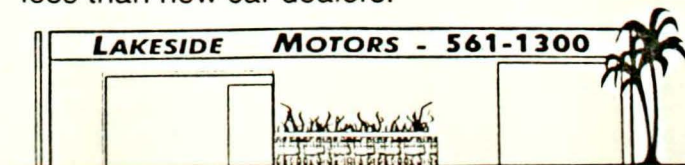
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Hood

Continued from page 3

the first time that they might want to know."

In many ways, Hood never stopped being a reporter. Even after the Bakers made him an editorial writer, he still found himself with ample opportunity to cover the community as a reporter would.

More than once, Hood has been called upon to cover the Grossmont-Cuyamaca Community College District and he once filled in for a short-handed sports staff. The various duties contributed greatly to Hood's unparalleled knowledge of the community.

"When I first arrived at the Californian, one of the first things I was called upon to do was write a history of El Cajon for some anniversary or other," said Bordner, who spent 10 years at the paper before quitting in 1991. "I had to look things up about events years before I arrived there. I found out later, Del just had that stuff on the top of his head. I could have saved all that research if I had just talked to him for an hour. I could have gotten just as much on the history of El Cajon as I did from going to the library and reading the back issues of the paper."

In the newsroom, reporters often counted on Hood to fill them in on the East County issues that never seem to go away. He has witnessed most of the important battles that have shaped East County — the various incorporation efforts, the different political movements, the fights over water, the arguments over schools.

Hood passed up opportunities to move on to bigger news organizations.

"I liked El Cajon," Hood said. "I liked the community feeling. I liked the smaller operation of the newspaper. It was more comfortable to stay here. It's a pleasant place to live and it has everything one could possibly need."

The Californian is also where Hood met Sandy, whom he married in 1970. The Hoods have two daughters, Kimberly, 23, and Melanie, 20.

It's hard to judge how much impact an editorial writer has on a community, but Hood thinks his editorials did sway the college district vote on building the East County Performing Arts Center. The board approved it by a narrow margin.

Even though Theatre East has repeatedly run into financial difficulties over the years, Hood still believes building it was a good idea.

"It's great to have a facility like that in East County," he said. "It's too bad it isn't better used. I think it's a wonderful facility for East County and El Cajon."

Hood's commitment to the community has not gone unnoticed. He's been named an honoree life member of the Friends of the Santee Library and citizen of the year by the Heartland Human Relations Commission (1986) and Toys for Tots (1987). Twice he has been named Kiwanian of the Year by the El Cajon Valley Kiwanis Club.

The editorials Hood has written have led to several important

journalism awards, the most prestigious coming from the California Newspaper Publishers Association. This year, Hood received the Lifetime Achievement Award from the San Diego Pro Chapter of the Society of Professional Journalists.

Recognition of Hood's journalistic accomplishments doesn't surprise community leaders such as Austin.

"When I first came to know Del, I thought he was a very liberal reporter and editorial writer," Austin said.

"Over the years, I've come to greatly respect his even-handedness. He writes well and he writes thoughtfully. I have not always agreed with Del, but even when I have disagreed with his position, I recognized that his approach to the subject was never totally one-sided. His editorials were well reasoned and thoughtfully researched."

Hood is well aware of the "liberal" label some have attached to him, but he doesn't accept it.

"I've always felt I was a moderate," Hood said. "Some have called me a bleeding heart liberal, but I don't know how they got that idea."

The one idea Hood has pursued editorially, he said, is what is best for the community — hardly a conservative or liberal viewpoint.

"I've supported constructive development of the community and opposed things that would be destructive to the community," Hood said.

And as soft-spoken as Hood is, his words are still to the point.

Carlson and Smith honored

by Joe Naiman

Kathy Carlson, who grew up in El Cajon, was voted the Songwriter of the Year July 19 at the Country Music People's Choice Awards.

Carlson, who along with her husband has written over 700 songs, received the award for her song, "Shake It Till It Hurts".

Carlson's award-winning song, which is sung by her husband, Rick, was formulated while driving to Palm Springs, she said.

Kathy graduated from El Cajon High School in 1976 and attended Grossmont Community College. Rick and Kathy met at a songwriters' class in Encinitas and have written songs together for the past 14 years.

The Carlsons, who currently live in Vista, have published about 50 of their songs and have a studio in their house. They might

move to Nashville to enhance their budding careers. "We're nervous about it," said Kathy. "It's a big move."

East County's Kelly Smith was voted the Female Vocalist of the Year. The singer from "Smith and Western" grew up in Santee and attended Grossmont High School before moving to Washington. She returned to El Cajon four years ago and now lives in Alpine.

Smith has been in a band for only two years. She started her singing career performing karaoke around San Diego, which led to her turning professional. "People in the community told me I should," she noted.

Smith and Western currently performs in area clubs. The band has not yet recorded any albums, but Smith is working with songwriters and will go to Nashville for a showcase in November.

J.D. Power picks Big-O Tires

According to the recently completed fourth annual national Replacement Tire Study by J.D. Power and Associates, Big O Tires is ranked as best overall replacement tire in customer satisfaction for passenger vehicles and compact vans.

That's not surprising news to John Connelly, owner of the Big O Tires store in Lemon Grove.

"Even though we are the biggest and fastest growing independent tire franchise in the country, with our own high quality branded products, there has been some mystique associated with some of the larger individual brand names," Connelly said.

Consumers now have come to recognize there are significant differences between companies, according to Connelly.

"Since shoppers normally visit only two tire outlets and consider only two brands when they need replacements, it is incumbent upon us to have the right products at the right price," he said. "We provide the best possible service available. We're fully committed to that challenge."

The leading reasons consumers selected Big O brand tires, according to the survey, were "past experience with the brand."

Crime in Lemon Grove June 1995

